

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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Ham & Cheese Sandwich

Baked Beans

Steamed Broccoli

Ham & Cheese Sandwich

NO IMAGE

Servings:	0.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22937

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	0 Ounce	Use GFS#690041 (4 slices) if commodity not available	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	0 Slice	Use GFS#150260 if commodity not available	100036
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	0 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	255.82
Fat	8.10g
SaturatedFat	3.55g
Trans Fat	0.00g
Cholesterol	44.39mg
Sodium	795.41mg
Carbohydrates	30.10g
Fiber	3.00g
Sugar	6.55g
Protein	19.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

NO IMAGE

Servings:	0.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9663

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	0 #10 CAN	If no commodity is available use GFS#298913	100364
KETCHUP DISPENSER PK 2-1.5GAL HNZ	0 #10 CAN		819492
SPICE ONION MINCED 12Z TRDE	0 Cup		513997
MUSTARD DISPNSR PK 2-1.5GAL HNZ	0 Cup		819506
SAUCE WORCESTERSHIRE 4-1GAL FRENC	0 Cup		109843
SUGAR BROWN MED 25 GCHC	0 Cup		108626

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	145.64		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	364.92mg		
Carbohydrates	29.19g		
Fiber	5.00g		
Sugar	13.27g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

NO IMAGE

Servings:	0.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23047

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	0 Pound	If no commodity is available use GFS#285590	110473
BUTTER PRINT SLTD GRD AA 36-1 GCHC	0 Ounce		191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	0 Tablespoon	Any salt free seasoning may be used.	565164

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	41.05		
Fat	1.37g		
SaturatedFat	0.87g		
Trans Fat	0.00g		
Cholesterol	3.75mg		
Sodium	33.33mg		
Carbohydrates	5.51g		
Fiber	3.01g		
Sugar	1.00g		
Protein	3.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available